Standdowns & Recreational Safety

A-4J-0020

ASO-20

September 7, 2016

EOs

- EO #20-1 DISCUSS the techniques used to conduct an effective safety standdown
- EO #20-2 DISCUSS the elements of the Navy Recreation, Athletics and Home Safety Program
- EO #20-3 DISCUSS the hazards associated with recreational and home activities
- EO #20-4 DESCRIBE the role of the Safety Officer in establishing a Recreation, Athletics and Home Safety Program

References

- OPNAVINST 3120.32C
- OPNAVINST 3500.39B
- OPNAVINST 5100.12H
- OPNAVINST 5100.19E
- OPNAVINST 5100.23G
- OPNAVINST 5100.25B
- OPNAVINST 5102.1D

Purpose of Safety Standdowns

- Improve safety posture
- Mishap prevention
- Increase safety awareness

Standdown Requirements

- CNSF - Directed by ISIC or TYCOM
- Deployment - 3
  - Initial in the first 3 weeks
  - Last two in the final three months
- SIXTHFLT – Within thirty days of Inchop
- 5100.19E - 1 per year

Standdown Planning

- Part of Long Range Plan
  - Contingency for short notice tasker
- Safety Committee
  - Determine Hot Topics
- Promulgate Ships Notice
- POD Notes
- Innovative Events
- Involve Supervisors

Conducting Standdowns

- CO kickoff
- All hands involved
  - Plan for watchstanders
- Contests
- SPO / wardroom/ CPO instructors
- Participation events
- Questionnaire

Post Standdown

- Debrief with instructors and Safety Petty Officers
- Draft lessons learned message
  - Seek input from Safety Council
- Use your lessons learned in next stand-down

Standdowns Lessons Learned

- Plan well
- Delegate in writing
- Don't let SPOs survey their own spaces
- Don't forget traffic and off-ship safety topics
- Allow for watchstanders and mess-cook participation
- Provide incentives to encourage participation
- Get outside assistance, if possible

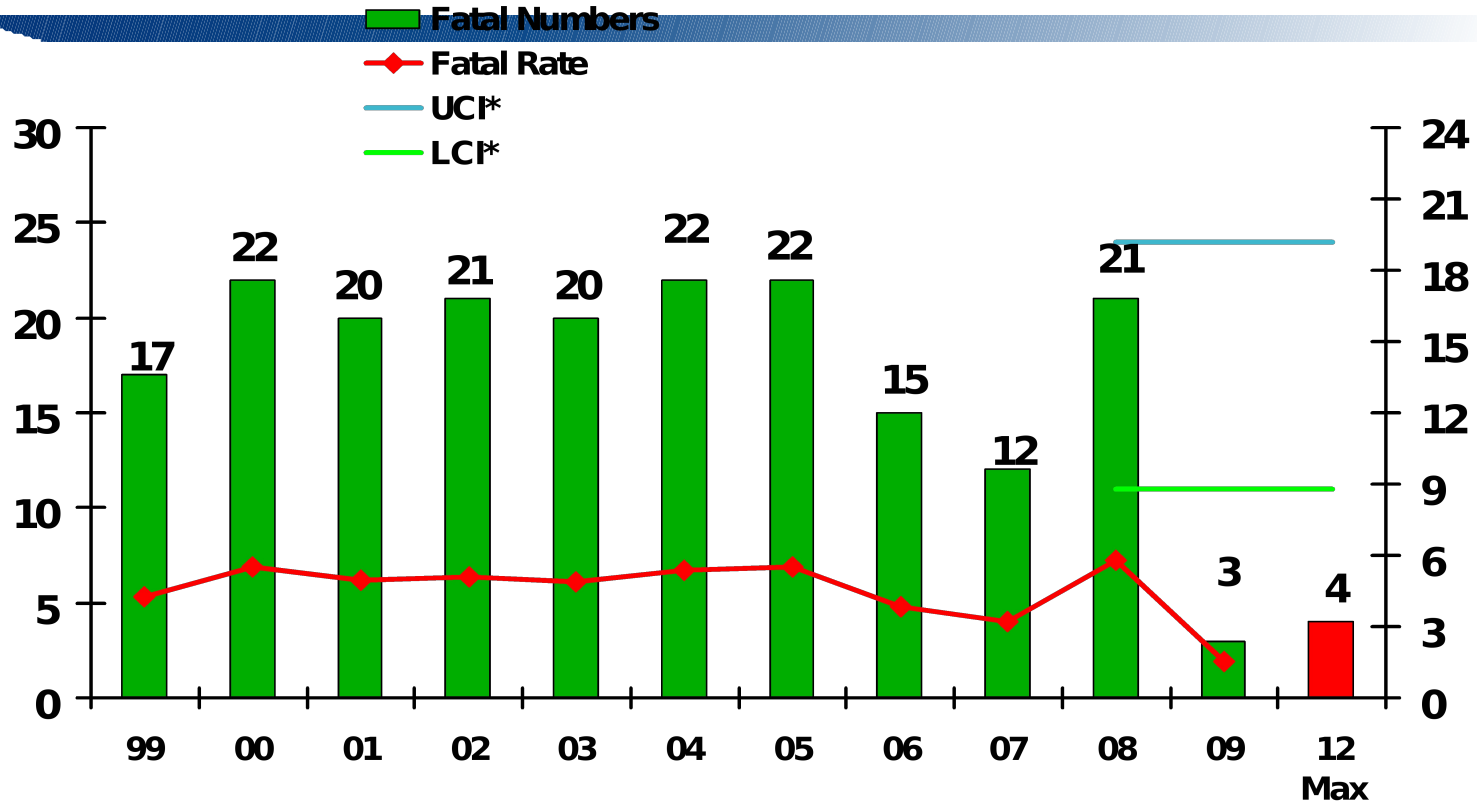
Recreational Safety

- CO designates program manager in writing
  - Member of Safety Council?
- Program manager in charge of equipment
- Annual program inspection
- Training
- Recreation is NUMBER TWO KILLER of Sailors
  - Second to motor vehicle accidents

Common Discrepancies

- Program manager not designated by CO
- No record of off-duty hazard awareness training
- No record of specific job training for operating hobby shop equipment or small boats
- Poor compliance with requirements for use of PPE while riding bicycles, using in-line skates and playing racquetball on base

OFF-DUTY/REC FATALITIES



15 Apr 09 15 Apr 08

CLASS A FATALITIES/FATALITY RATE FY COMPARISON: 3 / 1.52 8 / 4.05 FY08

FATALITIES/FATALITY RATE: 21 / 5.77

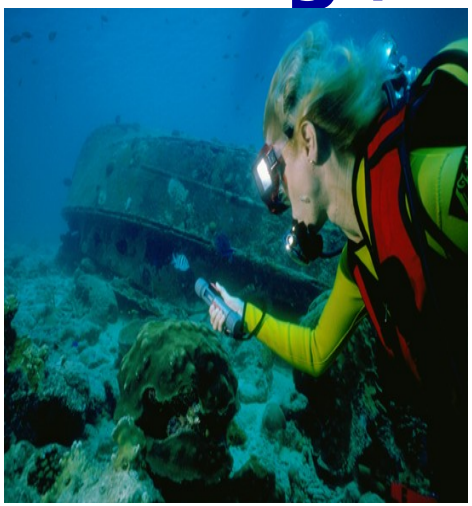
10-YEAR AVERAGE (FY99-08) FATALITIES/FATALITY RATE: 9.2 /

FY09 Recreational Fatalities

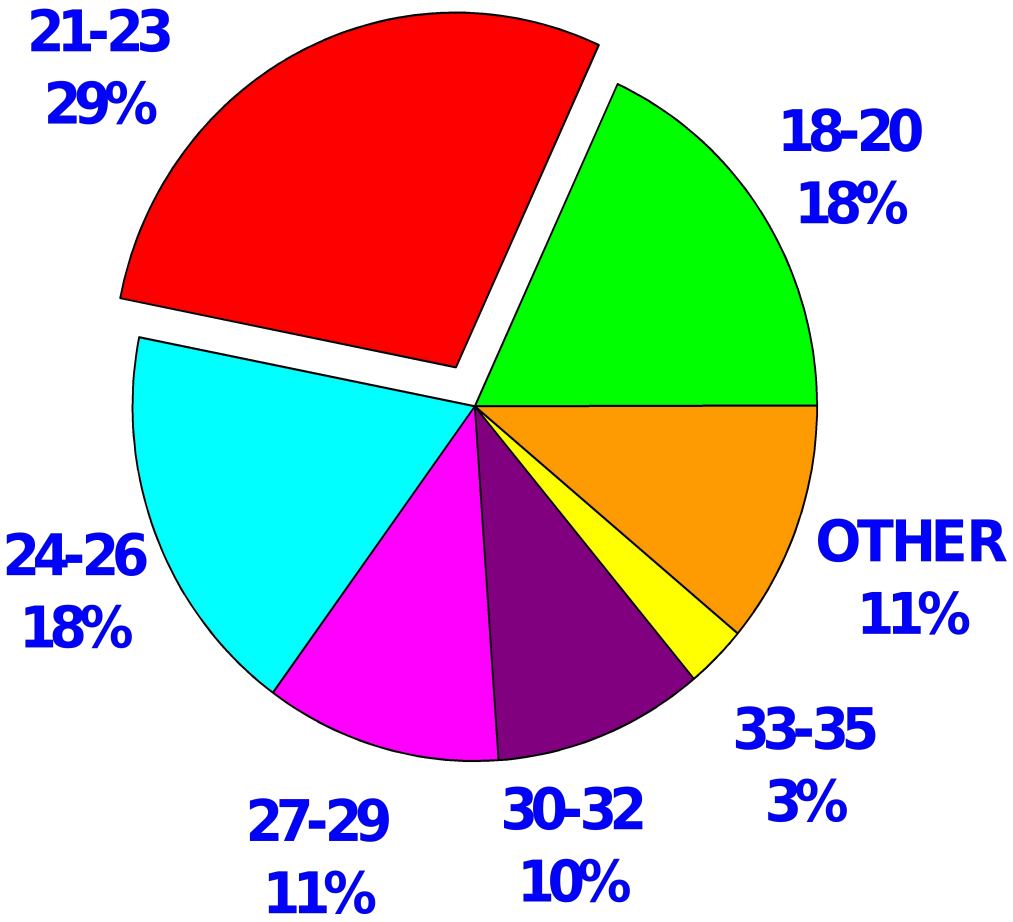
- 28 Dec 08 (Lombard, IL) E-2 died after being hit by freight train while walking on tracks.
- 27 Dec 08 (Grand Bland, MI) E-2 died after being found unresponsive after a night of drinking.
- 23 Dec 08 (Pace, FL) O-6 died from fall while trimming a tree.

Historical Trends

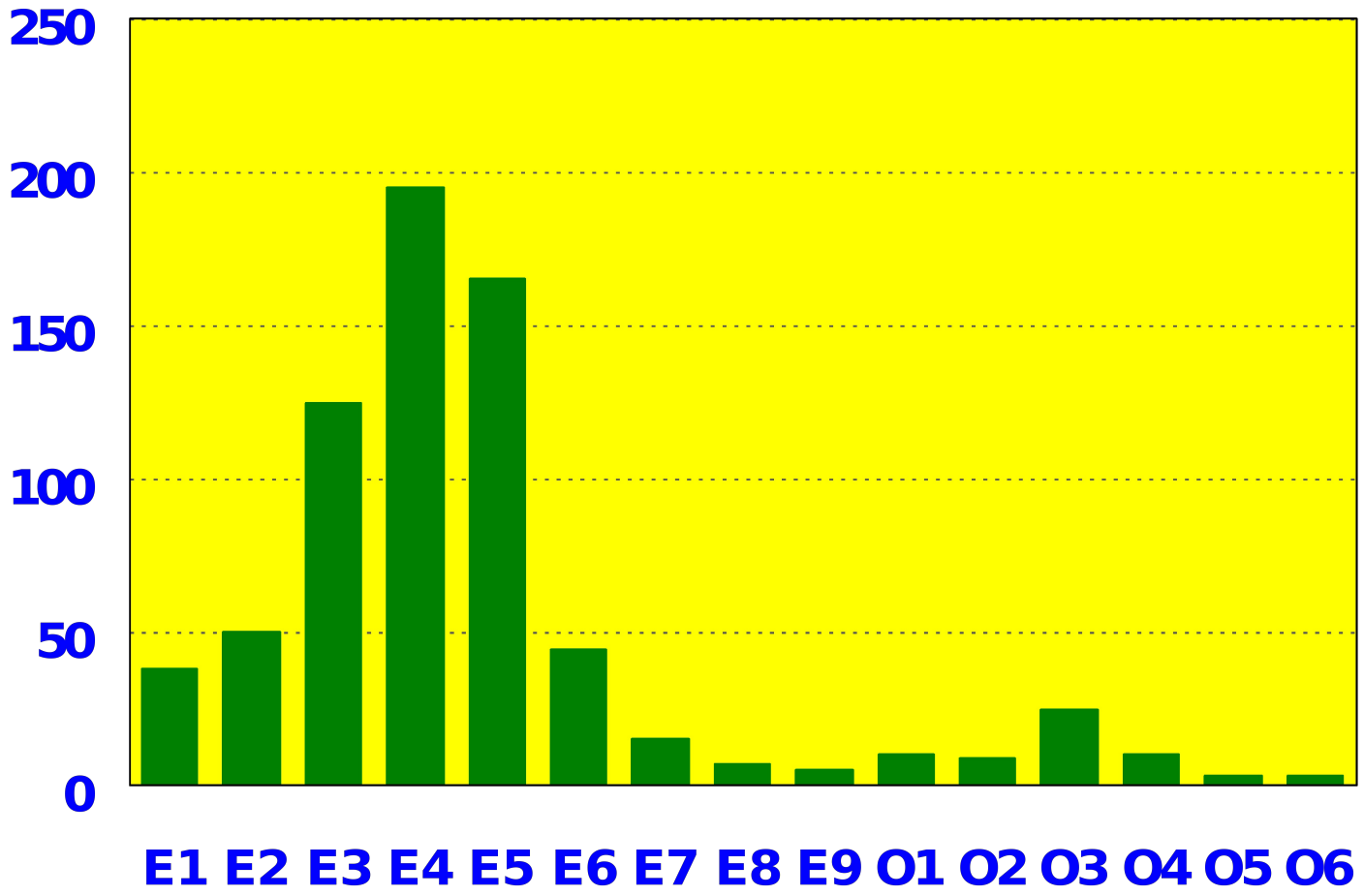
- Drownings
  - Boating, swimming, SCUBA diving
- Falls
  - Buildings, cliffs, snow drifts
- Alcohol poisoning / drug overdose



RAH Fatalities by Age



RAH Mishaps by Paygrade



Most Common Sports Injuries

- Knee
- Lower l
- Ankle

Sports Injuries Causes

- Poor conditioning
- Inadequate ability and skill
- Lack of protective equipment
- Violation of rules
- Increase safety awareness

Softball Safety Equipment

- Rubber cleats or tennis shoes
- Break-away bases or safety bases
- Non slip handgrips on bats
- Tita

Baseball

Biking

- Wear helmet
- Ride with traffic
- Reflective clothing during night, rain, fog
- Earphone

Biking?

Motorcross / ATVs

- Training required
- Protective clothing
- Buddy system
- Know your equipment
- Stay on designated trails
- No alcohol

Where Did She Go?

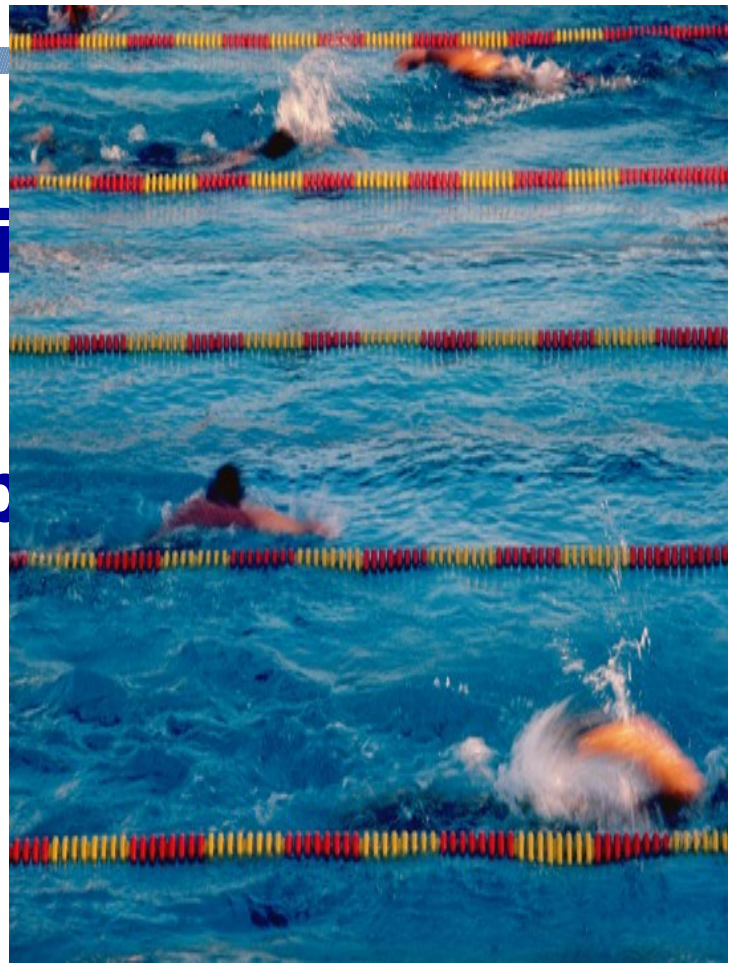
Jogging Safety

- Reflective gear
- No earphones
- Jog against traffi
- Hydrate

Jogging

Swimming

- Never swim alone
- Swim in areas with li
- Do not drink alcohol
- Look before you leap
- Know your limits



Boating

- Safe boating course
- Load capacity
- Safety equipment
- Float plan
- Personal flotation devices (PFDs)
- Weather conditions

Capsized!

Fun in the Water

Incredible but True

- A LT snorkeling for lobster saw a 2 foot Nurse Shark. Believing them passive, he netted it to show his girlfriend waiting in his boat. He held the shark by it's tail at arms length while she took pictures. Suddenly the shark twisted and bit the officer in his arm. He hit the fish but failed to get the shark to release his arm. The doctor at the dispensary injected the shark with a tranquilizer and the fish finally let go.

SCUBA Diving

- Certification
- Dive tables
- Dive with a buc
- Hand signals
- Follow guidelines for specialized diving

Parachuting Safety

- Training
- Certified riggers
- Check your equi
- Avoid radical lan

Parasailing

Rock Climbing

- Training
- Buddy system
- Weather condit
- Helmet
- Safety equipme

Camping Safety

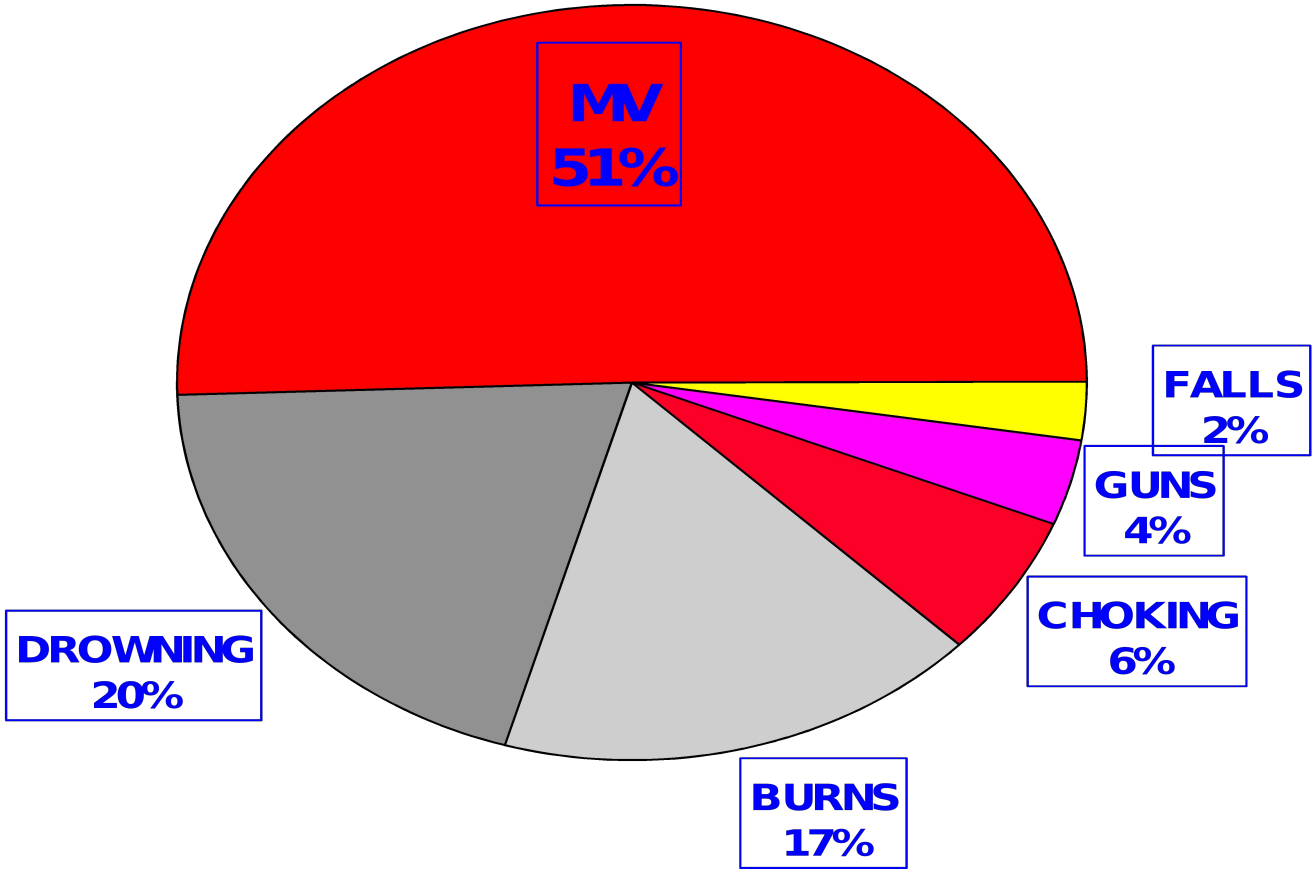
- Check weather forecasts before you leave
- Wear layered clothing, boots & caps
- Insect repellant and mosquito netting
- Cooler for perishable foods
- No combustib ials within 10 feet of campf

Home Safety

- Falls
- Power tools
- Chemicals
- Inadequate / no PPE

Fireworks at Home

Deaths (Under Age 14)



Poison Prevention

- Use original containers
- Use child resistant caps
- Keep emergency numbers by phone
- Read warning labels
- Keep items out of children's reach
- Buy nontoxic plants

Carbon Monoxide

- Install carbon monoxide detectors
- Follow manufacturer's recommendations for placement
- Test monthly
- Replace detector or batteries as recommended

Home Fire Exit Drills

- Check your smoke and CO detectors
- Develop an escape
- Practice your plan
- Two ways out
- Outside meeting pl
- Don’t go back

Ladder Safety

- Right ladder for the job
- Inspect ladders
- Metal ladder + electrici
  death
- 4 To 1 ratio
- 3 feet rule

Lawnmower Safety

- Wear safety goggles, shoes, hearing protection
- Remove objects before cutting
- Push, do not pull mower
- For walk-behind mowers, mow laterally across a slope not up and down
- On a riding mower, the rule is opposite
- Let cool before refueling

Training Aids

- Naval Safety Center
  - http://www.safetycenter.navy.mil
- American Red Cross
  - http://www.redcross.org
- National Safety Council
  - http://www.nsc.org
- Center for Disease Control
  - http://www.cdc.gov

Practical Exercise

Review

- Plan standdowns well in advance
- Incorporate outside speakers
- CO kickoff every time!
- Keep it current
- 3 standdowns per deployment
- Recreation is Number 2 killer of Sailors, and causes the most injuries

Any Questions?